



PHOTO ILLUSTRATION BY BRITT PARKER

## Spring Break presents equal amount of fun, risks

**SHANE STEELEY**  
Chief Reporter | @TheMissourian

Every year, thousands of students flock to faraway cities for Spring Break. For many, it is a time to drink and get into shenanigans without the added pressure of avoiding classes, but it is also a time of possible danger and accidents.

According to dosomething.org, a nonprofit social change organization, the average amount of

alcohol a college student drinks per week is six drinks, compared to the 10-drink-a-day average during Spring Break. This can lead to many consequences. Randy Smith, South Padre Island Police Chief, and his force have helped create many ways to combat these consequences and help keep students safe.

South Padre Island, Texas, is one of the more popular Spring Break destinations for Bearcats, along with Panama City Beach in

Florida and Las Vegas.

Smith is optimistic about recent reforms and changes, such as a bus-sing system, free water, educational booths and vendor tents giving out sun screen and other amenities to stay safe and healthy. Such amenities create a much safer environment in Smith's eyes that should cut down on high-risk behavior, such as drunken driving and certain health problems.

"There is absolutely no reason

anyone should drive drunk. Public transportation is easy, and you could walk to most places," Smith said, referring to a system similar to Northwest's Safe Rides Home system. "We also have a bus system that flows continually, and you can get on or off whenever you want for free."

According to the Texas Department of Transportation, in 2013, there were 25,158 DUI crashes in Texas that resulted in 8,702 serious

injuries and 1,022 deaths. Of those crashes, more than 57 percent involved drivers between the ages of 17-34. During Spring Break 2013, Texas saw an increase of more than 23-percent 2012 in DUI deaths.

In case of accidents, a free healthcare tent will be on the beach, and there will be officers giving out free water bottles in order to keep

SEE **SPRING** | A5

## More than 200 students affected after private information leak

**BRANDON ZENNER**  
News Editor | @brandonzenner

While the information leak last week was not akin to that of Edward Snowden's scandal, Northwest is taking steps to prevent further instances similar to what froze 243 students University accounts.

Around 5 p.m. March 3, a file containing the name, address, 919 number, email and academic major of 243 undecided students was accidentally sent out by a student worker. The file, which was supposed to be a newsletter to freshmen parents, happened to be an Excel file that was not password protected, enabling the worker was able to send it.

The students' CatPaws accounts were shut down to prevent any breaches, and the emergency response team, made up of several Northwest officials, began to fix the

issue.

"We immediately got ahold of the file to find what was sent out and who was affected," said Roger Von Holzen, vice president of information technology. "It actually wouldn't have had much of an effect. If somebody got into their CatPaws, all they could do is add or drop a class and pay your bill. We weren't too worried about people paying bills."

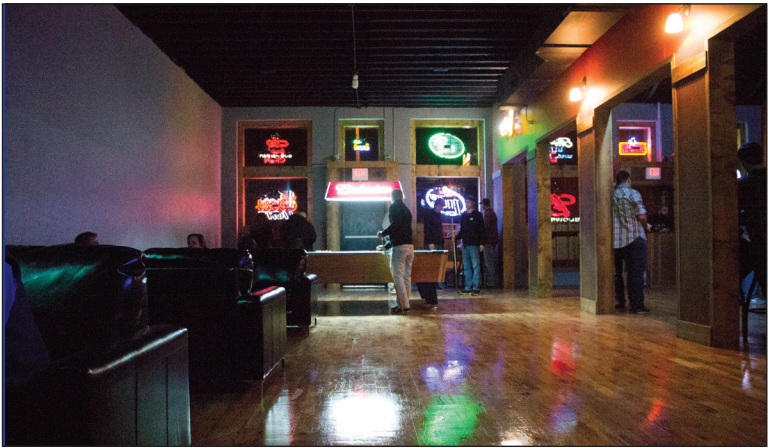
Northwest also blocked access to the eCompanion sites of those affected and reset their passwords to both accounts, which students were able to change after logging in. They were able to continue using their Bearcat card until a new card and 919 number was issued March 12.

"The next day, we started working on the long process to generate new 919 numbers and pins and security questions for those 243 students, which they picked up on Wednesday,"

Provost Doug Dunham said. "We notified them along the way to let them know that we were remediating the case. (We were) trying to make sure that we had protected students as best as we could and mitigated any negative effects, but also make it as easy for them as possible."

Dunham says employees go through an annual training on the system and sign data security forms before they begin work. Some offices and workers began a retraining course, and Dunham says that with help protect student accounts from further breaches.

"This is an opportunity to remind all students and employees to make sure you pick a unique, hard to replicate PIN number because that helps protect your information in the event that something like this happens," Dunham said.



AARON SCARBOROUGH | NW MISSOURIAN

A local favorite, The Pub, reopened Monday after the south wall of the building collapsed Sept. 11, 2011. The Pub is located at 414 N. Main Street.

happens when half of a 100-year-old building collapses, and you have to rebuild it," Zeller said before opening. "That's part of why everything took so much longer. There's a lot of little stuff you don't think should take as

long as it does, or should, but it does."

On Sept. 11, 2011, the south wall of The Pub was reduced to rubble when it collapsed around 8 a.m. The

SEE **PUB** | A5

### News Brief:

## Board of Regents to discuss curriculum, fee, policy changes

The Northwest Missouri State Board of Regents will hold a meeting 1 p.m. March 13 in the Board Room of the J.W. Jones Student Union. The Academic/Student Affairs/Governance Committee, led by Northwest Provost Doug Dunham, will discuss curriculum proposals, the service animal policy and faculty appointments.

The regents will vote to finalize or reject the fees the Northwest Student Senate passed, which includes an in-

creased technology fee and a new fitness center fee of \$4.

The Finance Committee, led by Stacy Carrick, Northwest finance vice president, will discuss technology purchases, tuition and designated fees as well as legal contracts.

The Board of Regents is the governing body for the University. This group is composed of nine members, including the non-voting student regent, Ashton Rafferty.

## Northwest organization presents annual drag show

**LAUREN MCCOY**  
Assistant News Editor | @McCoy014

Hold on to your mascara and heels, ladies, because the queens are coming.

Northwest's gay-straight alliance organization, Common Ground, will host the 15th annual drag show this Saturday, featuring both amateur and professional drag performers.

Common Ground's community liaison, Lance Louis, talked about the importance of this event for the University and Maryville as a whole.

"For the University to put it on, it's a good thing," Louis said. "It shows the diversity of our campus, and it shows the diversity of our community. It's a small population in town, but it's got a very rich cultural history."

Part of Louis's participation in this year's show was promoting

this display of diversity and finding queens to strut their stuff, including one Bearcat queen.

"One of our performers started out at Northwest, and when they left Northwest, they went to San Francisco, and they are back now in the area, and they're still performing in the area," Louis said.

Louis believed the event benefits Common Ground because it provides an outlet for a different section of the queer community.

"Not everyone in the community is in drag, so I know it's a small section of the community, but it goes back to our history, to our pre-Stonewall era," he said.

For the lesbian, gay, bisexual and transsexual community, the 1969 Stonewall riots of Greenwich Village

SEE **DRAG** | A5

## The Pub reopens more than 2 years after collapse

**LAUREN MCCOY**  
Assistant News Editor | @McCoy014

For Jimmy Buffet, it's always 5 o'clock somewhere, but for The Pub, 5 o'clock was a long time coming.

After several obstacles and much anticipation, bar owner Jeff Zeller finally reopened the doors to The Pub earlier this week.

For several months, Maryville community members heard rumors of the popular late-night watering hole reopening, but one thing after another seemed to pop up that squashed those rumors.

"Everything has taken a lot longer than expected, but that's kind of what

## Student representatives work to quell concerns over alcohol ordinances

**MOLLY BRYAN**  
Chief Reporter | @TheMissourian

Recent changes to Maryville law sent a wave of mixed emotions throughout the community. Many Northwest students have voiced a expressions of disapproval, however some student leaders feel the situation might not be as bad as feared.

With City Council's decision to

raise the bar-entry age beginning July 1, Maryville waits upon its governing body to vote on two more ordinances in the city's comprehensive alcohol strategy.

The open container modification states that it shall be unlawful for any person to drink, expose or display any alcoholic beverages in open containers in public.

"Obviously, students will not be

able to drink from their house to the bars," Student Liaison Dannen Merrill said. "It will be more like a quick break from drinking."

The nuisance provisions say that enforcement is allowed to enter social gatherings of 10 or more people on a residential area. Enforcement is only permitted if the gathering is violating one of 12 triggers that are already enforced, such as fighting, littering,

property damage and indecent exposure.

"The first time someone reads the ordinance, it seems overbearing and invasive," Merrill said. "But if you really look at it, it is not as intrusive as it comes off. The 10-person limit comes into play if they see one of those triggers; then that allows the officer to tell the party to disperse. It will be very similar to the way parties are broken

up now."

Student Senate President Cody Uhing believes these new decrees are not as dreadful as students have been inclined to think.

"Students need to be informed," Uhing said. "These ordinances are not as terrible as the gut reaction is. I think that these ordinances are in line

SEE **ORDINANCE** | A5

# Missouri deadline for health insurance approaches

**MOLLY BRYAN**  
Missourian Reporter | @TheMissourian

The dreaded tasks of paying bills, taxes and insurance sneak up on students as they enter adulthood. Thanks to the Affordable Care Act, young adults can avoid at least one of these until the age of 26.

With the approaching March 31 deadline, the Cover Missouri Coalition is working to help Missourians understand health insurance and their options. Young Invincibles is an organization that has worked with the Cover Missouri education campaign to engage younger audi-

ences and ensure that young adults have the tools available to make the important decision about their health care coverage.

“I want to get a large message out that students can sign up right now,” said Brian Burrell, policy and organizing manager with Young Invincibles. “There are people in the (Maryville) community who can help students through this process.”

Missourians without health insurance can be penalized one of two ways, either 1 percent of a yearly income or a flat rate of \$95. If the yearly income is less than \$10,150, no penalty is enforced.

“One of the biggest things with young adults is that this is the first time they are getting health insurance on their own,” Burrell said. “We want to take time and explain to them how health insurance works and give them some financial literacy background... We want to make sure students have the answers they need.”

The ACA states that a young person can stay on his parents’ plan until the age of 26, regardless of school status. This affects nearly 4 million young adults nationwide. This year’s open enrollment period ends March 31 and will not begin again until November 2014.

“The ACA changed that you cannot get re-

To sign up for health insurance, go to **Healthcare.gov**. For more information specific to Missouri, visit **Covermissouri.org** for additional assistance.

jected for having bad health,” Burrell said. “But you cannot just wait until you get sick. If you don’t sign up by March 31, then you have to go a long time without health insurance. Health care is extremely expensive without health insurance.”

## MTV comedians discuss hook-ups, hygiene, hitting the club on Northwest campus

**BRANDON ZENNER**  
News Editor | @brandonzenner

Relationships and sex might be touchy or even off-limits subjects for some, but it is not so for the hosts of MTV’s “Guy Code” and “Girl Code.” They plan to share these topics and others when they visit Northwest Friday.

Student Activities Council announced comedians Andrew Schulz, Jamie Lee and Chris Distefano of the popular MTV shows will appear in the SAC spring comedy show March 14.

The reality comedy shows feature comedians and various pop-culture entertainers who will discuss the “code of conduct” that exists between men and women. The hosts push the codes to the limit and discuss the rules behind many situations, whether it is hygiene, moving in with a significant other or going to clubs.

Openly talking about these subjects is not generally awkward for Distefano, however.

“A lot of the things that we talk about have happened to us before, and the things that make the show watchable are relatable things,” Distefano said. “Everything that most of us talk about has actually happened to us one time or another.”

Distefano enjoys being able to relate to college students and is not short of crazy stories from his days at St. Joseph’s College in New York.

“One day, at 12 o’clock, I got me, five guys and five girls to play a game of naked baseball in public,” he said. “The girls got stripped down to their bras and thongs, and we didn’t get caught.”

Schulz, on the other hand, recalls his shy friends as part of his best “guy-code moment” during his time at the University of California-Santa Barbara.

“Two of my roommates never got laid, so we basically had to bully them to hook-up with these foreign exchange students. They both were having sex in the same room on bunk beds. The rest of the roommates were outside where there was a window that was left partly open and were just watching the whole thing,” Schulz said.

Despite his many experiences, Distefano does not think his role on the show makes him an expert.

“When someone asks me about guy advice, I have to tell them ‘Hey, man, I don’t know what the hell I’m talking about. I’m just an idiot comedian,’” he said.

With three professional comedians to take stage at the Charles Johnson Theater, Schulz believes this will be something students will not want to miss.

“If they know us and they’re into the show, I hope they don’t need more convincing than that,” Schulz said. “It’s like ‘Are you hungry? Well, we gotta find some food.’ Then come and get some food, yo.”



SUBMITTED PHOTO

Andrew Schulz from MTV’s “Guy Code” will speak 7 p.m. March 14 in the Charles Johnson Theatre.

## Theater students prepare for lime light with professional production

**RYAN EDWARDS**  
Missourian Reporter

Students in the performing arts and fine arts departments are trying not to wet their pants from excitement as they hope to make a splash with their rendition of the Broadway musical, “Urinetown.”

“Urinetown” is about a city trying to manage water consumption. By doing this, city officials close all public bathrooms and install a pay-per-use system.

“Urinetown,” a Tony-award winning musical, was written and composed by Mark Hollmann and Greg Kotis in the late 1990s. The musical made its Broadway debut in September 2001, and since then the show has been performed more than 965 times.

Andrea Boswell, freshman theater major, who plays the role of Little Becky Two-Shoes, a member of the lower class. Boswell said this show is different and should be funny for everyone.

“Urinetown” is a sarcastic stab at some of the more serious musicals,” Boswell said. “It still has a lot of fantastic music and an intriguing and hilarious plot line.”

“Urinetown” is a musical satire. It’s a comedy, but it deals with a lot of serious political issues throughout the entire play,” Amanda Pete-

fish-Schrag associate theater professor, said.

“‘Urinetown’ is essentially a comedy. It deals with very dark subject matter,” Petefish-Schrag said. “It’s got a whole lot of musical genres.

“It’s mocking musicals, not in a mean way, but in a playful and friendly way.”

The music itself has more of a sarcastic tone to it as well. As many would expect, the music in the show deals with the emotions of the play, and Brian Lanier, associate fine arts professor, says not every song is the same.

“The music is kind of edgy. It’s very thought-provoking and kind of makes you sit back on your heels a little bit,” Lanier said. “It involves a lot of parody from many plays.”

Even though “Urinetown” is a professional production, it is hard not to acknowledge that you have to make the musical your own, says junior vocal education major Price Carter, who is playing the role of Officer Lockstock.

“Anytime that you handle something that there has already been a professional production of, it’s difficult to not acknowledge that interpretation,” Carter said.

“However, I like to look at it like a challenge. Someone has already created this character, and now it’s my job to be a different Officer Lockstock.”

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TUESDAY 18TH:  
KNOW YOUR LIMITS  
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WEDNESDAY 19TH:  
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BYOB: Be Your Own Body Guard-Union Room A at 11am & 1pm

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2:00 p.m. Baseball vs. Southwest Baptist  
Bearcat Baseball Field  
2:00 p.m. Java with Jazz- B.D. Owens Library

3:00 p.m. Celebration of Quality  
Student Union  
5:00 p.m. Empty Bowls  
The Station  
7:00 p.m. SAC Comedy Show: girl Code/Guy Code  
Fine Arts Building

Saturday, March 15

1:00 p.m. Baseball vs. Southwest Baptist  
Bearcat Baseball Field  
8:00 p.m. Bearcats after Dark &  
SAC Movie Night: “Frozen”  
Student Union

9:30 p.m. National Panhellenic Council:  
In Living Color Party  
The Station

Sunday, March 16

All Day DeLuce Art Gallery  
12:00 p.m. Baseball vs. Southwest Baptist  
Bearcat Baseball Field

7:00 p.m. Catholic Mass at the Station  
The Station

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N Main St  
Franklin Park  
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# Changes to adjust SAT to catch up with modern times

**LAUREN MCCOY**  
Assistant News Editor | @TheMissourian

The SAT, a notorious member of the standardized test family, is getting a facelift, and this makeover could shift the future of testing for high school students.

David Coleman, College Board president, announced the changes made to the redesigned SAT at an announcement in Austin, Texas, where he “laid out the organization’s plans to move beyond delivering assessments to delivering opportunity,” according to a College Board news release.

“What this country needs is not more tests, but more opportunities,” Coleman said at the event. “The real news today is not just the redesigned SAT, but the College Board’s renewed commitment to delivering opportu-

nity.”

Key points to the redesigned SAT include reverting to the scoring system of 400-1600 points with the essay portions scored separately and more focus on eight specific areas that evidence show matter most for success in college and career, according to Cindy Lindauer, senior director of external communications.

These areas include relevant words in context, evidence-based reading and writing, analyzing documents from various types of sources, math focused on three key areas, analyzing data and texts in real-world context and the inclusion of passages from nation-founding documents, such as the Declaration of Independence and documents inspired by such documents. The test will also no longer include point deductions for wrong

answers.

“Our objective with the redesign is to make the exam useful by ensuring that everything students encounter when they take it is widely applicable to their work in college and career training opportunities,” Lindauer said. “The exam will also be more clear and open than ever before.”

Another big revelation is a partnership with Khan Academy, which will provide students and teachers with free test preparation for the redesigned SAT.

This partnership means all students who want to take the test will be able to prepare for it with interactive software that gives students authentic practice and can diagnose their gaps at no cost.

Coleman also announced a new initiative the College Board is taking to

assist students who may be at a financial disadvantage.

According to the news release, every income-eligible student will directly receive four fee waivers to apply to college, “removing a cost barrier faced especially by low- and middle-income students.”

Administration of the redesigned exam will begin in spring 2016, and the College Board will release full specifications of the exam along with extensive sample items for each section April 16.

While a majority of students in the Midwest take the American College Testing exam, more commonly known as the ACT, these changes to the SAT could serve as the new face of standardized testing overall.

Becky Houchens, Maryville High School guidance counselor, said only

one or two students a year take the SAT, but the high school provides rigorous preparation for the A.C.T.

“The biggest thing we do is try to offer rigorous coursework just standard in all of our classes, even though that’s not specifically test-prep focused,” Houchens said. “We feel like that’s the best way to increase our students improvement on this test.”

Houchens said the school would offer the same preparations if the SAT became more popular for Maryville students in the future.

As the College Board strives to make exams as beneficial as possible for future college students, this redesign could trickle down and inspire changes among other standardized tests for more than just the students headed for schools on the coast.

## New app to come for Mozingo golf

**RYAN EDWARDS**  
Missourian Reporter | @RyinaldoEdwards

Last summer, Maryville city officials approached Northwest with a project that could be a hole-in-one for the Mozingo Lake Golf Course, an 18-hole course just East of Maryville.

City officials and Mozingo Lake Recreation Park officials were looking for something to add to the course, and the result was an app designed by Northwest graduate students.

Reference Librarian Sarah Park, who deals with computer science and information technology, said the app is being developed as part of a Graduate Directed Program as an intensive software development practicum for graduate students in the Applied Computer Science Program.

“Last summer we had an intern here who we were working with,” said Ryan Heiland, assistant city manager. “We started talking out at Mozingo about needing a golf app. We found a contact at Northwest in the department of math and science... We met with them and told them what we were looking for and kind of grew from there.”

Kyle Easter, manager at Mozingo Golf Course, says the app will feature an interactive scorecard, a menu linked to the snack bar inside the Clubhouse and GPS capabilities that will allow the golfer to see potential hazards and probable pin locations for that day.

“The app will have features that most golf courses in the surrounding areas don’t have,” Easter said. “We will have an interactive scorecard, a menu for snacks and beverages and have GPS systems in every golf cart.”

This app will allow golfers access to the course no



BRIA CREEDEN | NW MISSOURIAN

**The Graduate Directed Program is developing an app for Mozingo Golf Course, which will allow people to schedule tee times, show field hazards and host other features.**

matter where they are.

“You can be anywhere... You can be in Kansas City and schedule a tee time on your phone. You don’t have to call up to the course anymore to schedule a tee time,” Heiland said.

The app will go through a series of testruns at the course, the first coming this week. Once the app is completed, it is expected to be launched and running by the end of May.

## Missouri legislation seeks to narrow ‘stand-your-ground’ defense

**SHANE STEELEY**  
Chief Reporter | @Shane\_Steeley

After the recent rash of deaths resulting from people using the stand-your-ground defense, Missouri lawmaker Randy Dunn, D-St. Louis, is trying to pass a bill that would make it illegal to shoot an intruder unless it is a true last resort.

The proposed bill, HB 1940, states that the usage of deadly force shall only be used when the victim “reasonably believes that such deadly force is necessary” for protection.

The bill also states that this may not be used once the intruder “has withdrawn from the encounter and effectively communicated such.” So in layman’s terms, this bluntly means violent force can only be used when in a direct attack and not once the intruder has made an effort to leave the situation.

University Police Chief Clarence Green feels this could make the current self-defense law clearer.

“I see this as a way to clean up

the law with further language,” Green said. “It clears up the ambiguity. The argument comes down to taking someone’s life. Do we want it vague or narrow?”

Robert Rice, Nodaway County prosecuting attorney, stands quite firmly in his opposition of the bill. He feels it violates a law called the castle doctrine and puts an undue burden on the victim.

After the castle doctrine was enacted in 2007, the law justified the use of deadly force when victims reasonably believed their lives to be in danger and provided them immunity from civil and criminal action.

“I do not support this bill, and I hope it fails. We give privileges to the criminal... let their lawyer prepare for as long as they need,” Rice said. “And then we put a burden on the victim to explain their actions to a group of people who were not there in the moment of anxiety.”

He also feels the bill goes down to the root of our rights as citizens, specifically the right to privacy, and can

lead to a violation of that right.

“All Missourians, all American’s, I think, value our home,” Rice said. “Your home is important, and you have the expectation of privacy.”

The bill still allows for people who are attacked or in immediate danger to use a firearm if needed. Ryan Reed, political science professor, feels this bill could help when it comes to the racial components of gun defense murders and could help cut down on these situations.

“African Americans are threatening to some people. Just their mere existence,” Reed said. “It seems people are trying to set their rights in the law of nature in society and shoot people who threaten them in the mildest of ways.”

When asked for comment, Rep. Dunn could not be reached.

While this bill is only in its introductory phase, it could spark a very intense debate in Missouri over gun rights and the protection of oneself.

## CANDIDATE PROFILE: Former Northwest alum aims to fill age gap on City Council

**BRANDON ZENNER**  
News Editor | @brandonzenner

It can be hard to get involved with the city during your college years. For Rachael Martin, disinterest has turned into desire and has her as a candidate in next month’s City Council election.



Rachael Martin

Martin, 27, was raised in Villisca, Iowa, a town an hour north of Maryville. She came to Maryville to attend school at Northwest in the fall of 2005 and did not imagine herself staying in Maryville.

“I was the only person in my high school graduating class to come here, which really made me reach out and make new friends from the beginning...I am still great friends with many of the girls from my floor in Franken,” she said.

During her college days, Martin spent her time working at Carson’s Sports Grille, which provided her with a necessary support group.

“It quickly became my home... I was fortunate to work at Carson’s Sports Grille, which provided me with a family away from home. It was at Carson’s that I got to know people outside of the college and really build my network,” Martin said.

Martin works as a personal banker at Bank Midwest in Maryville. She married Maryville Native Spencer Martin in September, who works as retail director of Campus Dining at Northwest. The couple is settled in Maryville with their Labradoodle, Oliver.

“I really love the size and location of Maryville. We are able to go to Omaha, Des Moines, or Kansas City for a weekend or just a day, but

we get to come back to our small-town home. If I ran out of gas, someone would stop and help me. If I saw someone stuck in the snow, I would grab a shovel and help them out,” she said.

“We really have the best of both worlds here.”

Away from work, Martin enjoys cooking, crafting, sewing and organizing her home.

“I enjoy home staging and organizing. It is something I have always had a knack for,” Martin said. “I can remember begging my friends to let me help them clean their rooms when I went over to play as a child.”

Martin believes students do not realize the impact City Council has on their daily lives in Maryville.

“Issues facing City Council do affect the students attending Northwest. While I admit that I did not get involved as a student, I really wish I would have,” Martin said.

Though Martin says she is more passionate about city government than in the past, she wants to run for City Council to represent her generation in Maryville.

“I love where I live and am passionate about maintaining and improving our community. My age group represents the largest number of residents in Maryville, and the future of our city,” she said. “I want to be part of a movement to inform and involve more citizens on the topics that City Council faces.”

“I believe that I possess the right skills, experience, determination and outright love for the city of Maryville to change these possibilities into reality.”

### Editor’s Note:

The Northwest Missourian will profile each of the three candidates running for Maryville’s City Council. Each candidate was given an equal opportunity with the same questions. Full video interviews can be seen at [nwmissourinews.com](http://nwmissourinews.com).

### VIDEO




See Martin’s full interview online

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ASSOCIATED PRESS

From left, Executive Producer Mitchell Cannold, Director Brannon Braga, host Neil DeGrasse Tyson, Executive Producer Seth MacFarlane and writer Ann Druyan are seen at the FOX Winter 2014 TCA, Monday, Jan. 13, 2014 in Pasadena, Calif.

# ‘Cosmos’ is what TV needs



**THOMAS DRESSLAR**  
Opinion Editor

On Sunday night, a fresh new television series premiered at prime-time on a major network. This wasn't a new courtroom drama or quirky sitcom. It wasn't some hackneyed new talent show or even a reality show. Nevertheless, the Internet was abuzz with talk of the magnificent and dazzling story it told. The story is one that wandering minds have been transfixed by since the first cavemen took a step out of the cave and looked up at the stars. It is the story of our universe and our place in it. However, despite the gravity of its subject matter, more people tuned in to watch a zombie show premiering simultaneously on ABC. Sadly, America would rather continue its weekly routine on television than open their minds to learn something new.

“Cosmos: A Spacetime Odyssey” is a new documentary series appearing every Sunday night on FOX that is attempting to fill gigantic shoes. Its predecessor, “Cosmos: A Personal Voyage,” was a worldwide phenomenon after its debut in 1980. It is still the most widely watched public television program of all time, broadcasted to more than 500 million people

in 60 different countries. Its host, astronomer Carl Sagan, was a pioneer in communicating the wonders of science to the layman. He wrote several immensely popular books and spent his life tirelessly crusading for the cause of skeptical inquiry and the scientific method.

Sagan died in 1996, and with him, America's love of science began to die as well. Funding for NASA and other science ventures are drastically decreasing to levels that would make the Apollo astronauts weep. However, just because Americans are no longer at the forefront of trailblazing science doesn't mean others aren't picking up the slack. European nations have been dazzling those around the world with their particle accelerator experiments, one of which led to the discovery of the elusive Higgs Boson. America needs to reclaim its position on the forefront of scientific inquiry, and “Cosmos” can help make that happen.

The host of the new series is astrophysicist Neil DeGrasse Tyson, a rightful heir to the lofty throne of popular science once occupied by the great Sagan. In fact, Sagan once met a young Tyson at Cornell University, where Sagan taught astronomy. Tyson eventually chose Harvard; however, he was inspired by Sagan and is now the go-to man on all matters of science. He has several wildly popular videos on YouTube; however, one

of them struck a chord with me more than others.

In this video, he decries the underfunding of NASA by the United States Congress. He uses statistics, fiery rhetoric and his deep passion for science to persuade the masses. However, there is one phrase that permeates throughout the video that is central to the aim of the new “Cosmos” series: “We stopped dreaming.”

If we stop funding a field that gives the public hope for the science of tomorrow, we take away the feelings of hope and wonder that galvanized this nation's missions to the moon. When Neil Armstrong took those historic first steps in a world untraversed by mankind, it buoyed the nation's youth, imploring it to join those astronauts on their fearless quest to discover the unknown.

“Cosmos” may be just a TV series; however, its goal is much loftier. It has the potential to reignite the long-dormant fires of scientific inquiry in America. If this new series has the same effect the original “Cosmos” had, it may command droves of young people to become scientists, technologists or engineers. So, next Sunday night, take a break from your favorite shows and flip on “Cosmos.” Hopefully, the present and future law-makers of our nation will watch it and understand the glory and astonishment that science inspires.

# OUR VIEW: Spring Break trips can be blast, but be wary of danger

Well, Spring Break is finally upon us, Bearcats. After months of grueling coursework, a good deal of students will ditch the friendly confines of Maryville for a sunny beach somewhere far away.

Most of us here at The Missourian won't be at Panama City Beach living it up; however, we understand the need to get away.

Maryville life can get monotonous at times, and an escape is often necessary to get a fresh perspective. However, the carefree atmosphere of a Spring Break vacation can often cloud common sense. It's important to stay safe over Spring Break and avoid returning to Maryville with guilty regrets.

Spring Break is somewhat of a right of passage for college students in the United States. Even before you arrive at college, you're constantly bombarded with footage of “those crazy college students” doing keg stands on MTV's “Spring Break” every year. The wet T-shirt contests and shaving cream fights are all part of the experience, and college students flock from all over the country to participate in the debauchery. Unfortunately, serious injuries and even death are often part of the experience as well.

Just last week, a student at the University of Georgetown died while on Spring Break in the Dominican

Republic. That same week, a 22-year-old Florida man died while vacationing in Cancun for Spring Break. The sad reality of Spring Break is that naïve college students looking for a good time end up getting the opposite: a stay in jail or a trip to the emergency room.

There are no comprehensive statistics regarding the dangers of Spring Break. However, if you take a close look at any one week at a Spring Break hotspot, the evidence is everywhere. Six people were killed in Cancun last year.

A student at the University of Texas died during Spring Break in Destin, Fla. in 2012. In terms of law enforcement, hundreds are handed citations every year for drinking underage on the beach. So while trouble won't be around every corner during your Spring Break trip, it's important to be aware of your surroundings.

So, go, have fun and make a few mistakes over Spring Break this year, just exercise some moderation. College students are not expected to be models of human dignity on a beach in South Padre Island, Texas. Just be sure to remember why you came to college in the first place. You don't want to explain to any future employers why there's a picture of you drunkenly passed out with your face in the sand on Facebook.

# Capital punishment is outdated, ineffective



**SAMANTHA HEIBEL**  
Contributing Columnist

Capital punishment, or the death penalty, is an issue that doesn't receive as much attention as it deserves. For many Americans, it is a traditional practice that isn't questioned. Kirk Noble Bloodsworth is hoping to change this.

Bloodsworth is the director of Advocacy for Witness to Innocence, a non-profit organization and a living example of how broken the U.S. system of capital punishment is. Bloodsworth was on death row for almost 10 years before DNA evidence finally proved his innocence, making him the first person in the U.S. to be exonerated from death row due to DNA testing. Bloodsworth's story is a testament that the death penalty should be re-evaluated and revised, and it has caused me to wonder how many innocent people have been sentenced to death because of mistakes made in our broken justice system.

Personally, I don't believe the issue of capital punishment is necessarily an issue of whether the convicted deserve to die, but rather whether state and federal governments deserve to kill.

The justice system is clearly flawed. Though African Americans make up 13 percent of the United States, they make up almost 50 percent of death row inmates. Two out of three death penalty convictions have been overturned because of police misconduct or attorney errors.

Since 1973, more than 140 people have been freed from death row due to proven innocence. Statistics like these show how broken our system of justice is. Until this is solved, our inaccurate, inconsistent system should not be determining life or death for anyone.

Beyond the moral argument against the death penalty, there is no real credible evidence that the death penalty deters crime any more successfully than long-term imprisonment. States that utilize the death penalty do not have lower crime or murder rates than states that have gotten rid of the death penalty. Capital punishment is a waste of taxpayer dollars, not just because it is ineffective, but because study after study proves it is much more expensive than life in prison.

According to a 2013 Gallup poll, Americans' support for the death penalty has dropped to 63 percent, which is the lowest it has been since 1972, when it was 57 percent. In the last six years, six states have abolished the death penalty, partially as a result of the exposure of the injustice and inaccuracy within the capital punishment system. Clearly, the time of the death penalty is coming to a close. In my opinion, the end of capital punishment could not come fast enough.

Bloodsworth may have been the first person to be released from death row because of DNA testing, but he will not be the last. Hopefully, there will come a time when we will no longer have to worry if our government is putting innocent people to death in the name of justice.

## CAMPUS TALK

### Are you planning to vote in the Maryville City Council election?



“It's important for people to vote if they can, but I'm out of state, and if there's a way for me to switch my residency to Missouri, I would vote.”

**Alexis Bartek**  
Elementary Ed.



“Yes, I will vote in the City Council election because it could affect the new alcohol ordinances that are being passed.”

**Danh Phan**  
Finance/Business Management



“Yes, I plan to vote. I've lived here for six years and I'm tied to the community. I try to exercise my right to vote as much as possible.”

**Daniel Chinn**  
English Education



“As of right now, I don't plan to vote, but if I become more informed about the City Council candidates, I would.”

**Kateline Miller**  
Pre-Nursing



“I don't think so. I don't know much about the issues, and I wouldn't want to vote on something I don't know about.”

**Molly Sanders**  
Political Science

# New student fees are worth it



**CODY UHING**  
Student Senate President

Whether you have heard of the Student Senate or not, the organization plays a big role in every student's life at college. As an elected body of student representatives, we are in charge of approving student fees that are added into the tuition that we all pay.

It is our responsibility to vet the fees that come before us, vote on them and see that they are sent to the University Board of Regents to be approved for the following fiscal year. This year, Student Senate heard six fees over the course of two months, and we passed five of them. The ones we passed aim to improve the student experience at Northwest. These are a technology fee increase, minimum wage fee increase, Wellness Center fee increase, capital improvement fee increase and a new

fee that would cover the new fitness center.

Every three years, the University renews their contract for our laptop program. This means new computers for students, and with our fee increase this year, students beginning or coming back in the fall will see newer, lighter computers. The increase in the minimum wage fee goes toward subsidizing the student employment program at Northwest. The fee ensures that student workers on campus will continue to receive wages that compare to the previous year, prior to the minimum wage increase that occurred Jan. 1, 2014.

The Wellness Center fee was implemented in 2006 to help fund the University Wellness Center on the West side of campus. Since its creation, the fee has never been increased, and the administration at the Wellness Center has continued to ensure programs offered to students are funded by closely watching its budget and wasting nothing. With rising health care costs, it became harder for the services to be offered, and operating costs rose. Student Senate passed this fee in or-

der to ensure that the facility could continue to operate at full capacity and help students.

The capital improvement fee has been raised over the years to help fund the maintenance and restoration of University infrastructure. This fee is crucial in helping the University make repairs across campus, in and out of academic buildings, residence halls and throughout campus.

The final fee was unanimously passed through Student Senate, but will not be implemented until the completion of the new fitness center. The new fee was created to fund the operating costs that will come with the new facility. It will also allow all students to access the new fitness facility without a membership.

All of these fees touch students in one way or another, and I believe they are investments in the future of Northwest. Student Senate's commitment to students is the first thing on our minds when we discuss issues like these that affect the entire student population.

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**PUB**  
CONTINUED FROM **A1**  
bar was closed at that time, under-going remodeling and scheduled to reopen soon, but instead of a grand opening, talk of demolition began. By July of last year, Zeller quashed that talk when he applied for a local liquor license to reopen the bar, but then the waiting game began.  
Some of the many issues Zellers ran into included insurance coverage, obtaining a credit card machine on time and the complete renovation of the south wall's foundation and interior.

Two-and-a-half years later, The Pub is not only still standing, but is complete and welcomed patrons Monday night into a structurally stable, and drastically different, building.  
“Everything is brand new,” Zellers said. “Most noticeably, we have a full stage for live bands, and we have completely brand new, renovated bathrooms.”

Indicating the middle of the room, Zellers explained the solid brick wall that once divided the bar had to be taken out because it was no longer structurally sound due to the collapse. The bar is now divided with several small wall segments, opening up the bar. Zellers hoped this will also prevent the common occurrence of bottleneaking around the bar.

Despite all of the new, Zeller has made an effort to retain a bit of the old for nostalgic purposes.  
“We’ve redone the entire bar and everything is new, but we tried to salvage as many things as we could,” he said.

The rails on the bar are the original, and if patrons look down while they wait for their drink of choice, they will find the step rail is constructed of bricks from the original south wall.

Maryville citizen Justin Ray expressed excitement for The Pub to reopen.

“I plan on going when they get it open,” he said. “I was around back before it closed, and now I’m looking forward to being able to go back.”

Offering occasional live music, a different crowd and 12 beers on tap, Zellers said he wants to provide a familiar place with a new taste.

“It’s definitely been a long road, and I’m definitely excited to hopefully start making some money instead of spending massive amounts of money,” he said. “Hopefully, it stays busy, and hopefully, everybody likes what I’ve done. I’ve tried to make it as nice as possible while staying within budgets, and hopefully, people recognize it’s a little nicer than in the past.

“We’ll probably open early on St. Patrick’s Day and run some specials on Irish-type things,” he said. “And during Spring Break, we’ll try to have our first live music coming in and try that out when it’s a little slower, and it’s not too overwhelming.”

Zellers estimated around 100 people at the opening and said things went smoothly. Ryan Schmeltz was in attendance and had only good things to say about the bar.

“It was pretty chill, like a regular bar should be,” Schmeltz said. “It’s still not complete, but it’s the nicest

**DRAG**  
CONTINUED FROM **A1**

in New York represented the beginning of their civil rights movement.

“(Drag) is part of the queer history,” Louis said. “Pre-Stonewall times, gender expression and self-acceptance for our members was something that wasn’t always easily attainable, even in the big cities.”

Louis cited an example of a law in New York state that required individuals to be wearing at least three articles of clothing specific to their gender.

Drag queens were often arrested as “social despots” and were harassed publicly.

The ability of men to bat their lashes and of ladies to display their masculine sides in public, as they will Saturday night is an important privilege for the LGBT community.

Organization President Louis Hageman explained other purposes behind the event.

“(We do it) to promote Common Ground, specifically our interests we do with charity,” Hageman said.

This year, proceeds from purchased tickets will go to PROMO, Missouri’s statewide advocacy organization for lesbian, gay, bisexual and transgender equality through legislative action, electoral politics, grassroots organizing and education.

For those who find the idea of the queer community a little off, Hageman said he once related but now sees it differently.

“I’ll admit, the first time I was weirded out, but since then, it’s been really fun,” he said. “The performers are upbeat and excited and interact with the crowd; what they do is like stand-up comedy.”

Along the same line, Louis summed up the event for those who question it with a simple, passionate sentence.

“It’s part of our history,” he said. “It’s part of our culture.”

**ORDINANCE**  
CONTINUED FROM **A1**

with what other university-centered cities are doing across the state and nation.”

City officials have said safety is the main reasoning behind the ordinances and strategy as a whole. Although the police are given more power, Merrill believes there will not be a significant change in their actions.

“Police will not be breaking in doors,” Merill said. “They are not out to make our lives worse. They just want to ensure the safety of our University and our community. Talking with Maryville Public Safety, the first year there will be a break in period with the new ordinances.

“If an officer sees you walking with an open container, they will ask you to put it away before writing a ticket.

**SPRING**  
CONTINUED FROM **A1**  
patrons safe, according to Smith.

“We have a medical tent operating every day, and they are equipped for everything, and the kids don’t get charged a dime,” Smith said. “Our commitment is to the parents and to take care of the kids the best we can and the best of our ability.”

According to an article by Robert Glatter, a National Institute on Alcohol Abuse and Alcoholism study states more than 599,000 students between the ages of 18 and 24 receive unintentional injuries while under the influence of alcohol each year.

The problems that arise during Spring Break seem to stem from a lack of supervision and boundaries that usually exist in the college setting, according to journalist Will Moredock, who did a thesis on the Spring Break phenomena. In all those years, he feels not much has changed when it comes to sexual assault.

“I think it has always been a problem. Especially when you go back decades back when Spring Break really started,” Moredock said. “It just makes sense when you get that many young people with that much booze. It’s a perfect storm to create sexual assault.”

When students aren’t cooperative, that is when they will write a ticket.”

Although the majority of students are opposed to the new ordinances, there may be light at the end of the tunnel.

“There will not be a negative impact on students from these proposed ordinances,” Merrill said. “It is just going to be a change from the way that students socialize now.”

The Northwest Student government is doing its part in informing students and keeping the University linked to the Maryville City Council.

“We have a really good interaction with the City Council,” Merrill said. “My personal opinion is that I would rather see the bar-entry age repealed and the nuisance party ordinance passed.

“I think it should be one or the other, because the bar is a safer atmosphere than a house party.”

Things can still be done about sexual assaults, according to Moredock, but it is going to be difficult.

“If you look at reports of Spring Break cities, you will find a fair amount of sexual assaults,” Moredock said. “But what women need to know is to treat it like you were on campus.”

According to the Rape Abuse and Incest National Network, 237,868 people are sexually assaulted or raped every year. The U.S. National Institute on Alcohol Abuse and Alcoholism goes on to say approximately “700,000 college students are assaulted by other students who have been drinking, and nearly 100,000 college students are victims of sexual assault or date rape related to alcohol.”

Jennifer Kennymore, health educator at the University Wellness Center, feels students can learn how to stay unharmed during something that can be pretty dangerous.

“I think, overall, it is important to be aware of your surroundings,” Kennymore said. “Some might not be eating enough, others might not be drinking enough (water). That’s why we have Safe Spring Break Week; it is to teach them what resources are available.”

A common problem among Spring Breakers is the bystander effect when it comes to sexual assault: simply watching and letting it hap-

pen. This can be stopped by simply stepping in. According to Kennymore, five percent of men on Spring Break are likely to commit sexual assault.

“Be an active bystander, even if you don’t know the people,” Kennymore said. “That’s where you have got to tell your buddy to back off, because they are going to listen to you, more likely.”

Consumption of large amounts of alcohol and little to no consumption of water, coupled with the sun, is another thing to watch out for.

A lack of awareness could be linked to a recent Pregnancy Resource Center article stating “75 percent of students reported never or rarely using a condom during Spring Break, and 88 percent of females said they rarely worry about STIs/HIV, even though they are at risk.”

“People can let their guard down and feel that things like safety don’t matter as much as having fun,” Incontro said. “Wear sunscreen and make sure to drink enough water, it will help with headaches and hangovers because you are so dehydrated.”

As many students count down the days to Spring Break, it is still important to take these lessons into consideration so Spring Break will be something that will be remembered as “fun in the sun” not “too much rum

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# Blotter from the Maryville Department of Public Safety

**Feb. 20**  
An accident occurred between Michelle F. Rew, 22, Malvern, Iowa at the 1200 block of North Main Street.

**Feb. 27**  
An accident occurred Mitchell A. Gladman, 25, Skidmore, Mo., and Kaylee B. Coulter, 19, at the intersection of West First Street and North Walnut Street. Gladman was issued a citation for careless and imprudent driving.

**Feb. 28**  
There is an ongoing investigation of harassment at the 1100 block of College Avenue.

Colby M. Giggar, 29, was charged with no child restraint and failure to maintain financial responsibility at the 1200 block of South Main Street.

Tyjuan Jones Jr., 35, Conception Jct., Mo., was charged with driving while suspended at the 1200

block of South Main Street.

**Mar. 1**  
There was a report of a structure fire at the 200 block of Harmon Street.

An accident occurred between Jake L. Madole, 23, and Shirley M. Loch, 78, at the intersection of North Davis Street and East Fifth Street.

An accident occurred between Edward C. Ensminger, 59, and Josh N. Standeford, 22, Bedford, Iowa at the intersection of State Highway 46 and Country Club Road. Standeford was issued a citation for driving while revoked and failure to yield.

An accident occurred between Justin P. Ralls, 22, and Juwan D. Williams, 23, at the intersection of West Second Street and North Walnut Street.

**Mar. 2**

An accident occurred between Andrew A. Aeschliman, 23, and Duane H. Clark, 81, at the intersection of West Sixteenth Street and North Mulberry Street.

**Mar. 3**  
There is an ongoing investigation of a parking complaint at the 100 block of North Ray Street.

**Mar. 4**  
William D. Emery, 41, was charged with failure to maintain financial responsibility and failure to register a motor vehicle at the 700 block of South Hester Street.

Stephanie J. Backman, 33, was charged with dog at large and harboring a vicious animal at the 200 block of South Vine Street.

An accident occurred between Lucas J. Blum, 19, and Alaina M. Balano at the 100 block of West Seventh Street. Blum was issued

a citation for careless and imprudent driving.

An accident occurred between Michael J. Smith, 60, and Jack A. Waldo, 19, Omaha, Neb., and the intersection of West First Street and North Country Club Road. Waldo was issued a citation for failure to yield.

**Mar. 5**  
There is an ongoing investigation of disorderly conduct at the 1000 block of South Main Street.

**Mar. 6**  
Shannon C. Nelson, 21, Honey Creek, Iowa, was charged with driving while intoxicated and careless and imprudent driving at the 300 block of North Market Street.

Michael V. Calvert, 19, Kansas City, Mo., was charged with possession of drug paraphernalia, failure to maintain right half of

roadway and possession of another’s I.D. at the 500 block of West Seventh Street.

An accident occurred between Deborah A. Spire, 54, and Shannon L. Fowler, 26, at the 1400 block of South Main Street.

**Mar. 7**  
Mitchell L. Grose, 23, Mount Ayr, Iowa, was charged with driving while intoxicated and failure to maintain right half of roadway at the 500 block of West South Avenue.

Dakota R. Gady, 21, Country Club, Mo., was charged with driving while revoked, speeding and failure to wear a seatbelt at the 800 block of North Country Club Street.

**Mar. 10**  
There is an ongoing investigation of harassment at the 1200 block of West Sixteenth Street.

# Blotter from the University Police Department

**Mar. 6**  
A summons was issued for possession of marijuana at University Drive.

A summons was issued for

stealing at Colden Hall.

**Mar. 7**  
A summons was issued for driving while intoxicated at North College Drive.

A summons was issued for stealing at the Athletic Grounds.

**Mar. 8**  
A summons was issued for an arrest warrant at College Park

Drive.

**Mar. 10**  
A summons was issued for domestic disturbance at Forest Village Apartments.

**Mar. 11**  
A summons was issued for possession of marijuana at Lot 20.

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ARIES - Mar 21/Apr 20

This week you need to be the follower instead of the leader, Aries. It may be difficult to go against your normal grain, but it is for the best. Keep an open mind.

TAURUS - Apr 21/May 21

Your confidence may wane sometime this week, Taurus, but some friends will boost your morale to help you get back on your feet. Saturday will be a big day.

GEMINI - May 22/Jun 21

Gemini, certain things that have to get done this week are out of your realm of expertise. Do your best to tackle these projects but have a helper on hand just in case.

CANCER - Jun 22/Jul 22

Cancer, you have a lot on your plate, but you don't know where to start. Make a list of your tasks, and it will help you better tackle one thing at a time until you are all done.

LEO - Jul 23/Aug 23

Leo, learn to laugh at yourself as a means to relieving stress. Things can't always be serious, so lighten up and take some time to relax. Work with Virgo this week.

VIRGO - Aug 24/Sept 22

Give yourself a much-deserved break, Virgo. You've been working nonstop for the last several months, and now is a great time to take a vacation or enjoy a weekend getaway.

LIBRA - Sept 23/Oct 23

You don't have all of the answers, Libra, so don't even think about saying you do. Relationship concerns are at the forefront of your mind lately.

SCORPIO - Oct 24/Nov 22

Scorpio, it might be hard to bite your tongue, but that's just what you have to do this week. Wait until you are called on for help before you get involved.

SAGITTARIUS - Nov 23/Dec 21

Take a few days to get all of your affairs in order, Sagittarius. Use this time to adjust to some changes that have happened over the last several weeks.

CAPRICORN - Dec 22/Jan 20

Burning the candle at both ends again, Capricorn? This is not the best way to get things done. Take a more steady approach, and give yourself time to recover.

AQUARIUS - Jan 21/Feb 18

Aquarius, you can't put your finger on it, but something positive seems to be on the horizon. The truth will reveal itself in the next few days.

PISCES - Feb 19/Mar 20

Pisces, fight against the current for something you truly believe in. Unexpected events arise on Thursday.

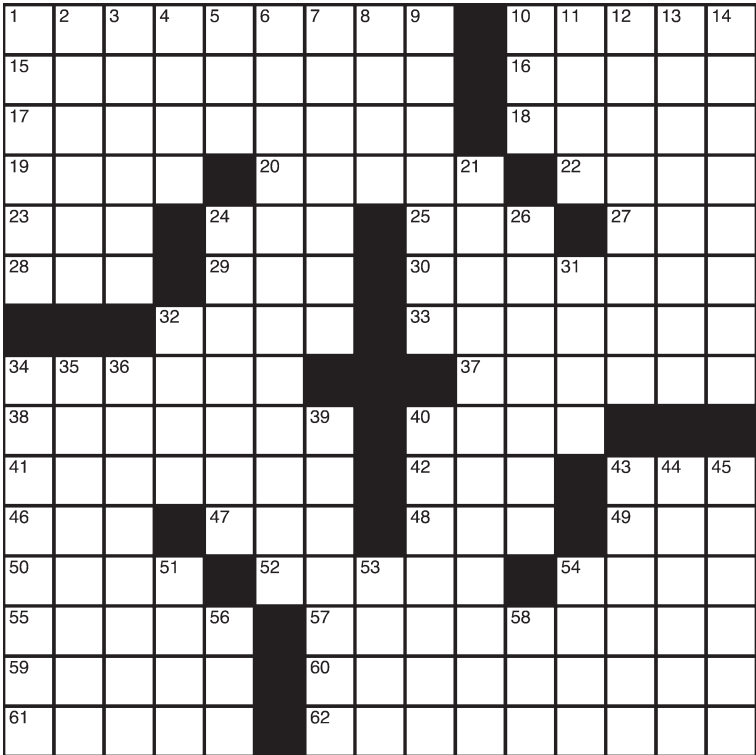
CROSSWORD

By Peter A Collins

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- Across  
1 Free-of-charge transactions?  
10 Summers of old?  
15 Meet  
16 Shrimplike critters  
17 Lock-related nickname  
18 Jellyfish kin  
19 Aftershave additive  
20 Hot  
22 Squat  
23 It determines 28-Across: Abbr.  
24 Become compost  
25 Alley roamer  
27 Reduce in intensity  
28 Number based on 23-Across  
29 Flow out  
30 Flow out  
32 Comics patient of Dr. Liz Wilson  
33 ADHD drug  
34 Immortal college coach Amos \_\_ Stag  
37 Sue Ann \_\_, Betty White's role on "The Mary Tyler Moore Show"  
38 Seat of New York's Nassau County  
40 Sanctified  
41 "The Lion in Winter" queen  
42 Ref. with about 600,000 word-forms  
43 "Speak up" reactions  
46 Actor Mineo  
47 Massage target  
48 Deg. requiring workshops  
49 Intend  
50 Endnote abbr.  
52 Jazz musician \_\_ Lateef  
54 "It was nothing"  
55 Ready to draw  
57 "You got lucky" mutterer



- 59 Eloi girl saved from drowning by the Time Traveller  
60 Cabinet department  
61 Deck out  
62 General at the Alamo

- Down  
1 ShriII insect  
2 Like slide rules  
3 Flash producer  
4 Present  
5 Sign of an overflow  
6 Study of extraterrestrial life  
7 "That's enough"

- 8 EPA science  
9 Brother of the Apostle Andrew  
10 Lab org.?  
11 Tito's real name  
12 Large terrier  
13 Allergy-treating brand  
14 Broken mirrors, to some  
21 Chain reaction metaphor  
24 Defensive team's goal line to 20 yard line, in football lingo  
26 Dahl's precocious title girl  
31 Sub group  
32 Top status  
34 Home to the Big 12's Cyclones

- 35 Comic strip set in Arkansas  
36 53-Down size  
39 Gets excited  
40 Dramatic game winner  
43 Doesn't go out, maybe  
44 Employ  
45 Atlanta suburb  
51 Bill who created José Jiménez  
53 It makes a fizz fizz  
54 Smidge  
56 Visit the cashier  
58 MLB's Halos, on scoreboards

Answers from Mar. 6





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# Let's take a breather

## HATHA YOGA CLASS ON CAMPUS BRINGS BENEFITS, RELAXATION TO STUDENTS

**HALEY VICKERS**  
Features Editor | @Hay\_dayy

Who ever thought it would be possible to twist and contort into a human pretzel? I certainly didn't, at least not until attending a Hatha yoga class. Who knew that bending your body in ways that don't look humanly possible for the average Joe would actually be the most relaxing part of your day? Again, not this girl.

I am not be the most athletic or flexible person to ever walk this planet, but even I, the uncoordinated, tall, awkward girl, found peace during this 50-minute yoga course-main course of relaxation with a side of challenge.

Walking into Martindale Dance Studio, sunshine seeping through the narrow windows, the nerves set in. With sweaty palms and apprehension, I unrolled my yoga mat and sat criss-cross, mimicking the 20 other students packed into the room.

Rhonda Lesley, University director of personal development and counseling with Wellness Services sneaks into the room barefoot, carrying a purple mat and smiling with every step.

She leads the course in Martindale Dance Studio every Tuesday and Thursday at 2 p.m. Her expression is cheerful as she enters the elongated room, yet, it is evident that she is the professional. She warms the hearts of students looking for her yoga guidance as she sets up the space to pass on her teachings.

Soothing lullabies fill the air as she begins to speak gently, her words bouncing off the four walls of the structure while she instructs.

Throughout the workout, she reminds students, "Don't forget to keep breathing," and "Now, just relax and cool down," which is helpful for students who want to push themselves too far.

"She is an amazing instructor," freshman Jackson Leggett said. "She is the reason I keep coming back because she makes it so I am challenging myself each and every time. My favorite thing that she stresses is that yoga isn't meant to hurt, and she encourages us to take a break if we begin to feel pain or just need to break in general."

As a first-time Hatha yoga student, there is a lot of terminology that throws you for a loop. Thoughts that may possibly run through your mind include, "How do I move like that?" and "What the heck am I doing next?" or "Downward dog again?"

Toes stuck, frozen bodies holding poses that make it seem like a lifetime, as a single bead of sweat pouring down your forehead; this is a test of endurance and strength, seeing how much your muscles can handle.

One of these obstacle positions includes the tree pose. It sounds simple, but balance is key. This is where you stand tall, upright on one foot, arms spread outward, while bringing your opposite foot to the inside of your calf. Let's talk about the struggle. I found this to be the most challenging pose during my time in the class.

Though challenging for a rookie, Hatha yoga has benefits and pleasures not many would think to associate with this exercise. Physically, mentally and emotionally, yoga has you covered. Even if you just need a quick breather, this course can change your whole state of mind and outlook for the day.

"It's proven; it can help you cope better with stress," Lesley said. "It helps keep your blood pressure down, helps you feel more resilient."

Students in this course find themselves more at peace in stressful situations. Males and females both attend and find themselves changing in a positive way over time. For some, their favorite part of the course is the cool-down toward the end of each period.

"I really like seeing students and talking to students

who feel that transformation that yoga brings to their life," Lesley said. "I'll have students after class come up to me and tell me that they feel better than they can ever remember feeling after coming to yoga class."

"It was so transformational for them. And you can see it. You can see it in their expressions and their excitement. And they come back to class, and they are dedicated. And over time you watch them get stronger, and you get inspired..."

Not only in my own experience did I find unity of self and relaxation, but everyone who attends benefits something different, even Lesley herself.

"I would say I'm stronger physically," Lesley said. "Definitely, my balance has improved. For me, I really like the centered feeling that you get when you do yoga. After I have practiced yoga, even if it is just for a brief 30-minute session, I feel much more centered physically and emotionally. It's a feeling of clarity."

Imagine contorting your body in different positions and focusing on small, fundamental movements. Clearing your head of clutter and overcoming the day by getting in tune with yourself. That is what Hatha yoga is all about. Hatha is centered on your physical being and breathing. Lesley encourages anyone to attend this course, even faculty members and especially athletes.

"Yoga helps me in every aspect of my life: mentally, emotionally and physically," Leggett said. "It has helped me develop deep breathing to relax my central nervous system, which I do before I go to bed, and always fall right asleep. I have some back problems that bother me on a day-to-day basis, and it has helped to strengthen my core enough to where I can notice a difference in my pain level."

For people who have never experienced yoga, it is important to remember that it is something new. You build up strength and ability over time; just like anything, it takes practice. Hatha yoga will help you relax and just take a load off, even during your first session.

"I would tell them (first-time yoga goers) to come with an open mind," Lesley said. "To be aware of their body's limitations and be aware of their own physical limitations. Sometimes people try to push it too far. They try to hold a pose too long or stretch their muscles too far."

"I don't want them to compete with anyone or themselves. Just come in with an open mind and be honorful of their limitations. And just have fun. Plan to have some fun with this; it doesn't have to be super serious..."

Most students do attend Hatha yoga for pure enjoyment every semester. Usually about six to eight students are enrolled for credit, and up to 30 come to class to unwind and collect themselves.

"I look forward to it..." Junior Kelsey Wooten said. "It helps me relax enough to not worry about anything else. If I'm having a stressful day, it helps me out...She (Lesley) gives you instruction, and if you're doing something wrong, she will come over and correct you. She's good."

Students who attend the class for enjoyment have less expectations than the students taking the course for credit, but most go to feel refreshed and ready to tackle the rest of the stressful week.

"Yoga helps me by taking an hour just to relax and stretch and breath. It is a great stress reliever," freshman Haley Riffle said. "My favorite part is corpse pose at the end because it is a total relaxation pose. It is rejuvenating."

Hatha yoga is an experience to remember. It is satisfying and, most of all, makes you feel better about yourself, like most students who attend the class on a regular basis will tell you. It is a soothing, yet tricky trial of self-stability, a little something that every college student needs once in awhile.



SHAWNA KINGSTON | NW MISSOURIAN  
Senior Michaele Novinger hold the tree pose as she demonstrates her Hatha yoga skills.

“I have become a more relaxed person in general. I don't get overwhelmed like I did before because I can always sit back and take a few deep breaths and lengthen my spine and close my eyes for a few seconds and I am feeling much better instantly.”

Jackson Leggett

“Yoga helps me by taking an hour just to relax and stretch and breath. It is a great stress reliever.”

Haley Riffle

ONLINE



Head to nwmissourinews.com to see video footage of what two Missourian staff members experienced while attending Hatha Yoga class.

BLOG.GAIAM.COM

# Alfred Hitchcock's 'Psycho' makes me go insane for more thrillers

**HALEY VICKERS**  
Features Editor  
@Hay\_day



*So...I have a confession to make, and I'm not very proud of it. I, Haley Vickers, am extremely movie deprived. A classic movie virgin. To be honest, most of the movies people watch, I haven't even heard of. My fellow Missourian staff members are beyond embarrassed by my lack of common knowledge of the great films I am so helplessly missing out on. So, for purely educational purposes they are feeding me a "classic movie," every week to watch.*

*These are the films you curl up with late at night and watch over and over again as you eat ice cream straight from the tub, I'm assuming. Or at least that's what I picture myself doing in the near future.*

*So, after 19 years of being completely ignorance to these movie masterpieces, my time is now.*

To say I am mind-boggled would be an understatement. This week I watched the classic, black and white oldie "Psycho," and to be honest, my thoughts are all jumbled up inside my great, big noggin.



THETHINAIR.NET

Shocker. And I'm talking about the original film, just FYI. Hello, 1960s.

First of all, this movie is strange because a main character dies halfway through the film. Vera Miles, who plays Lila Crane, is the focus in the beginning, but after being murdered, the film takes an unusual twist in perspective...and it just gets weirder from there.

I pull the DVD out of the case and think "Man, this is going to be a snoozer." But to my surprise, I find myself sitting in my bed, frozen, in a movie trance, totally engulfed in the twisting plot.






After Lila is murdered, the film drags on for a bit, unfortunately, until we start to discover the mystery behind the infamous Bates Motel.

Toward the end when the wig falls off of Norman's "mother's" head, I literally pondered if I had missed something big. I was thinking, "Did I just get off the crazy train, or is he his mother?" The doc finally cleared things up for me. And I listened because

we all know those doctors are smartie pants.

The creepiest part of the whole movie was the end, when Normon is sitting on the stool, talking in his mother's voice about "not hurting a fly." Ahh, so weird. Yet, satisfyingly sinister. (Insert evil laugh here).


I expected this film to scare the snot out of me, but really, I was just mind-blown. I was always wanting to know what was going to happen next. I also discovered I love black and white movies. Just something about it that catches my attention.



**Rating: 4/5**  
**Movie: Psycho**  
**Four Academy Award Nominations**  
**Director: Alfred Hitchcock**

# ScHoolboy Q's 'Oxymoron' tops charts, brings new life to rap

**KADE MAUPIN**  
Missourian Reporter | @TheMissourian



ScHoolboy Q wants you to know how gangster he is, apparently. In fact, the term "gangsta" is used more than 70 times in just the first track of his major label debut, "Oxymoron," which released earlier this week. The album has sold incredibly well, debuting at number one on the Billboard 200 chart so far.

ScHoolboy Q is the second member of hip-hop group Black Hippy to release a solo record since the group's label, Top Dawg Entertainment, made a distribution deal with Interscope Records after critical favorite and frequent collaborator Kendrick Lamar released his album.

Anyone unfamiliar with ScHoolboy Q who is expecting a record simi-

lar in style to Kendrick's "Good Kid, m.A.A.d City" is in for a big surprise. To no one's surprise, Lamar is featured on one of the most fun tracks the record has to offer, "Collard Greens."

ScHoolboy Q makes frequent

references to his history with drugs, specifically the abuse of prescription drugs, such as oxycodone, from which the record derives its play-on-words title.

"Prescription drugs/ Show me love," he repeats throughout "Prescription/Oxymoron," one of the most introspective tracks on the album.

ScHoolboy Q has no problem providing lines of clever wordplay and dark imagery as in "The Purge," where he delivers lines like "Bust my gun all by myself/Rock cocaine all my myself/Pour propane all on myself/Go so hard might harm myself."

In "Hoover Street," he tells the story of his dysfunctional family and early exposure to crime. "Had roaches in my cereal/ My uncle stole my stereo/ My grandma can't control him,"

he tells us in the hook of that track. This album is not necessarily meant for the same audience Kendrick plays to. The themes here are much more rough around the edges, as is the music.

Many of the beats feature relentless bass and explosive percussion swimming through a mixture of classic hip-hop styles.

Gangster rap has disappeared from today's mainstream music scene, and Q gives it new life.



**Rating: 3/5**  
**Album: "Oxymoron"**  
**Top Dawg Entertainment**  
**Release Date: Feb. 25**

**Billboard Hot 100 Songs**

1. Happy-Pharrell Williams
2. Dark Horse-Katy Perry ft. Juicy J
3. Talk Dirty-Jason Derulo ft. 2 Chainz
4. All of me-John Legend
5. Pompeii-Bastille
6. Team-Lorde
7. Drunk in Love-Beyoncé
8. Counting Stars-OneRepublic
9. Say Something-A Great Big World ft. Christina Aguilera
10. Timber-Pitbull ft. Ke\$ha


**Billboard Top 200**

1. Oxymoron-ScHoolboy Q
2. Frozen Soundtrack-Various Artists
3. Morning Phase-Beck
4. KiD CuDi presents SATELLITE FLIGHT:The journey to Mother Moon-Kid CuDi
5. Formula Vol. 2-Romeo Santos
6. Riser-Dierks Bentley
7. The Outsiders-Eric Church
8. Helios-The Fray
9. NOW 49-Various Artists
10. Beyoncé-Beyoncé

**ONLINE**

  
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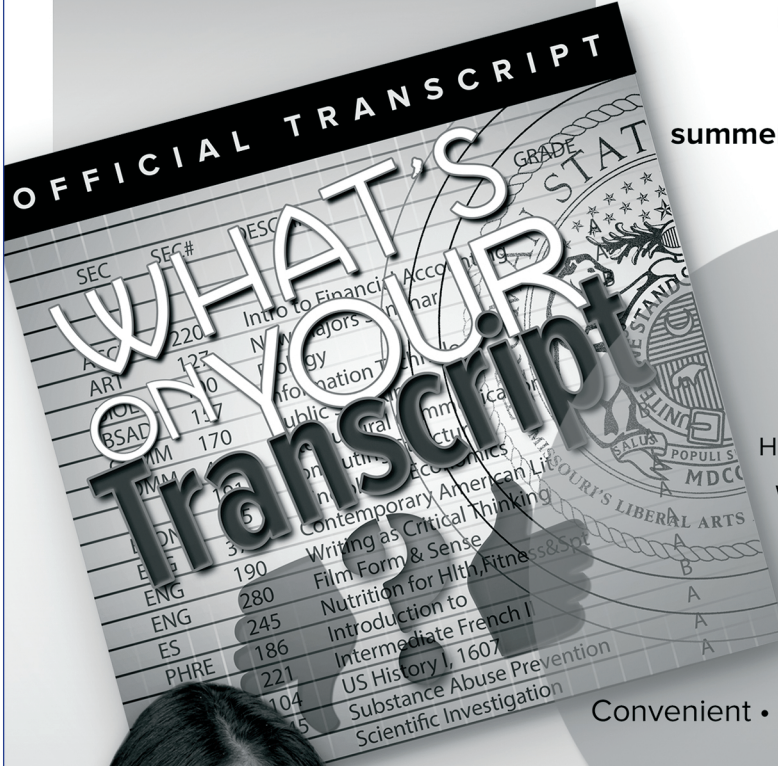
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<b>Academic Standing:</b> Good Standing
<b>Subject CourseLevelTitle</b>
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ART 210 US Design I A 5.000 12.00
HIST 151 US World Civ before AD 500 A 5.000 12.00
PHYS 151 US Physics A 5.000 12.00

FOOTBALL OPENS SPRING PRACTICE, BEGINS 2013 TITLE DEFENSE



SHAWNA KINGSTON | NW MISSOURIAN

Following an undefeated 15-0 season that led to Northwest’s fourth national championship in school history, the Bearcats are back at work for spring practice to defend their title. The annual spring game will take place April 12 at Bearcat Stadium.

NCAA

CONTINUED FROM **A12**

In 2011-2012, Northwest qualified for the regional tournament, but fell to MIAA opposition Washburn in the first round. McCollum believes his returners will use the experience of the early exit to their advantage.

“You can’t just be happy to be there...you have to go in and perform,” McCollum said. “I think down there two years ago that we played really well against Washburn. (We) got beat, but we had a lead late and kind of let it go.”

Not only does McCollum recall what happened in the game, he believes his team can benefit from remembering the surroundings of the event.

“I think maybe just the setting and the intensity of a national tournament, the things that go against you

and for you throughout,” McCollum said.

The Bearcats were 0-3 against non-MIAA teams that qualified for the national tournament—Drury, Southwest Minnesota State and Midwestern State. Despite dropping all three games, McCollum is able to measure how his team matches up against the nation’s elite.

“I think we had leads in all of those games, except Southwest Minnesota, where we just got destroyed, but we didn’t have (Deshaun Cooper) that game either, though,” McCollum said. “We have to draw from it and continue to attack if we do get a lead and know if that we give our best effort, we can beat anybody.”

Northwest features five seniors—Williams, Cooper, Tyler Funk, Kyle Schlake and Dillon Starzl. Knowing that they are one poorly-played game or even a single possession away from

ending their collegiate careers, they don’t plan on another early exit.

“It’s a big motivation factor,” Cooper said. “No one wants their season to end that fast. We are lucky enough to be in the postseason, and now that we are here, we may as well keep going.”

With postseason experience, the conference’s best player in Cooper and one of the nation’s most dangerous big men on the block, the Bearcats have the pieces to make a run when it comes to winning time.

“It’s good, because we all know what it takes now,” Cooper said. “We all knew what it takes then, but once you get your feet wet, it’s just a different feeling going into it.”

“You’re not anxious to be there—you’re anxious to win now. At first we had that luxury of getting there, and we were happy just getting there, but now it’s time to win.”

COOPER

CONTINUED FROM **A12**

fantastic offensive player in Addison.

The ‘Cats didn’t play poorly at all in their tournament-ending loss, as head coach Ben McCollum brought up several times afterward. In the end, 16 turnovers, many unforced on simple post-entry passes, proved too much.

After a Bryston Williams three-point attempt to tie the game bounced off the left side of the rim, Southern advanced with a 70-67 win to Sunday, where it went on to hoist the trophy.

“It’s always gonna be in the back of our heads,” Williams said. “You wanna win them games, but I feel like now, you can’t do nothing about it. You have to just build off of that.”

“We just gotta go into this next game as it’s post-season; it’s national championship or go home.”

The Bearcats now turn their attention, at 7:30 p.m. Saturday, to Winona State, a physical Minnesota team, in round one of the NCAA Tournament. Northwest’s eight-team regional will take place in Mankato, Minn.

If the fifth-seeded Bearcats want their tournament dreams to come true, those uncharacteristic turnovers need to come to an abrupt halt. Northwest is a savvy team with too many experienced players for those kinds of mistakes - and the players know it.

College basketball tournaments are chaotic at every level; anything can happen this weekend in Mankato. As complete a team as McCollum is running right now, it wouldn’t surprise me to see Northwest emerge from the Central Region.

Maybe Cooper methodically strolled onto the floor at Municipal so early because he feels the weight of the program on his shoulders and is eager to carry the load.

Maybe Northwest’s most dependable guard, scorer and leader understands what little time he has left with a Bearcat paw stitched on the side of his shorts.

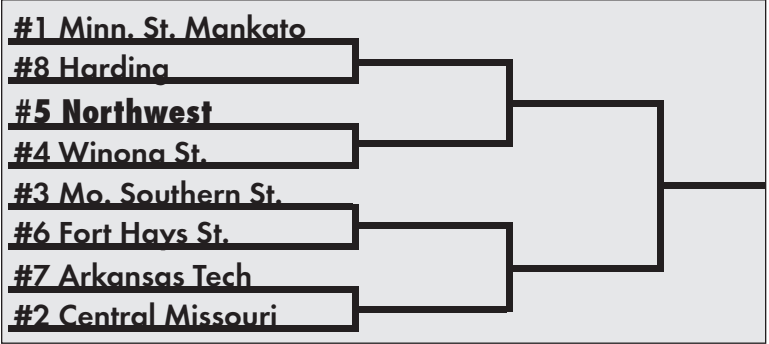
Maybe the MIAA Player of the Year knows he has very few opportunities remaining to soak it all in: the buzz of the arena, the sound of the buzzer, the nostalgia of college basketball.

“We just want to win our last game,” Williams said, possibly summing everything up best for this year’s group of seniors.

For that to happen, Northwest would have to win it all, the Division II version of the Big Dance.

That type of summary would perfectly wrap up Cooper’s career. As was evident last Friday in Kansas City, he’s much happier with an early entrance than an early exit.

NCAA Division II Tournament - Central Region



BEARCATS. DID YOU KNOW?

Over 20% of Northwest students chose not to drink alcohol in the last year. Of Northwest students who drink, over 90% drink 2 or fewer nights per week.

**Safer Drinking Habits:**

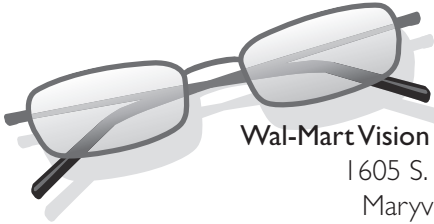
- Drink slowly rather than gulp or chug to limit your alcohol consumption.
- Drink water while drinking to reduce the chances of negative outcomes.
- Avoid drinking games to stay within your limits.
- Alternate between alcoholic and non-alcoholic drinks.

All data provided by 2013 MCHBS, n=399

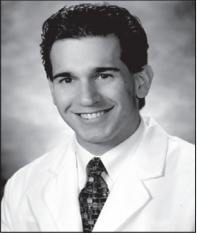


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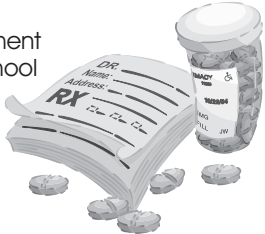
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NW BASEBALL

MIAA STANDINGS		
	Overall	MIAA
NORTHWEST.....	11-5	8-2
Mo. Southern.....	13-4	9-3
Central Mo.....	12-7	9-3
Central Okla.....	12-4	8-4
Nebraska Kearney.....	13-6	7-5
Emporia St.....	11-6	7-5
Washburn.....	7-6	7-5
Mo. Western.....	8-8	5-5
Northeastern St.....	8-10	5-7
Southwest Baptist.....	6-10	5-7
Pitt. St.....	5-11	4-8
Lindenwood.....	4-12	2-6
Fort Hays.....	3-12	2-10
Lincoln.....	0-10	0-8

**March 14:**  
Southwest Baptist at NORTHWEST  
Central Mo. at Nebraska-Kearney  
Mo. Southern at Lindenwood  
Fort Hays at Washburn  
Northeastern St. at Pitt. State  
Mo. Western at Emporia St.

NW SOFTBALL

MIAA STANDINGS		
	Overall	MIAA
Emporia St.....	18-4	4-0
Fort Hays.....	14-5	4-0
Central Okla.....	13-7	4-0
Washburn.....	7-3	5-1
Northeastern St.....	15-7	3-1
Central Mo.....	7-7	2-2
Southwest Baptist.....	4-12	2-4
Lindenwood.....	3-9	1-3
Nebraska Kearney.....	3-11	1-3
Mo. Western.....	11-9	1-5
NORTHWEST.....	4-11	1-5
Pitt. St.....	11-4	0-0
Mo. Southern.....	5-9	0-0
Lincoln.....	2-9	0-4

**March 14:**  
Mo. Southern at Central Okla.  
Pitt. State at Northeastern St.  
NORTHWEST at Southwest Baptist  
Lincoln at Lindenwood  
Emporia St. at Fort Hays  
Mo. Western at Central Mo.

MHS BOYS’ BASKETBALL

MEC STANDINGS		
	Overall	MEC
Lafayette.....	22-4	7-0
Savannah.....	14-10	4-2
Chillicothe.....	14-10	3-2
Smithville.....	13-13	4-3
Bishop LeBlond.....	15-12	2-3
Benton.....	4-20	2-5
MARYVILLE.....	6-18	2-6
Cameron.....	5-21	1-4

**March 12:** (results unavailable)  
Liberty North vs. Lafayette

MHS GIRLS’ BASKETBALL

MEC STANDINGS		
	Overall	MEC
Smithville.....	23-6	6-1
Cameron.....	24-5	5-2
Chillicothe.....	16-7	5-2
Benton.....	18-8	5-2
Bishop LeBlond.....	17-8	3-4
Lafayette.....	17-9	3-4
MARYVILLE.....	7-21	1-7
Savannah.....	5-16	1-7

**March 12:** (results unavailable)  
Lincoln College Prep vs. Benton

# Golf relying on impressive frosh in early stages

JOEY TUCKER  
Chief Sports Reporter | @joetuck311

Maryville boys' golf continues to see extensive numbers with the addition of 10 freshmen this spring.

The Spoofhounds have a total of 23 golfers coming out after graduating 12 seniors last year and are led by senior Dustin Wolters, junior Hagen Snow and sophomore Hunter Hayes.

The freshmen will have an opportunity for varsity playing time once head coach Brenda Ricks is able to evaluate them in Maryville's first match April 2 at Mozingo Golf Course. All 23 golfers will participate in the tournament.

"There's at least five or six of the freshmen that have played quite a bit of golf before," Ricks said. "You never know what they're going to do in competition, but I'm looking forward to seeing what they can do."

Maryville is looking for further success following a 2013 campaign which saw five Spoofhounds advance to sectionals after a second-place finish behind Bishop LeBlond in the Class 2 District Tournament. The freshmen will be a major factor in how the year plays out for the 'Hounds, Ricks said.

"You always hope that you're getting that team that can go all the way and can actually win state," Ricks said. "But it may take another year. It just depends on how the freshmen do in competition. There's a good chance there will be freshmen on the varsity team."

"We'll just see how they progress, but I really think we can go to state as a team and quite possibly do something."

There are a few freshmen who have limited experience on the golf course, Ricks said, but each player has been committed in the offseason, taking lessons and frequently teeing off at Mozingo.

"We've got two or three (freshmen) that haven't played hardly at all," Ricks said. "They're learning the game, so I have no problem with that.... And you never know when there's a golfer hitting. Sometimes, they just take off."

Due to the vast amount of golfers on the roster, Ricks hired assistant coach Kyle Easter, a pro who gives golf lessons at Mozingo Golf Course and acts as a swing coach for the 'Hounds.

"That works out really well for us because of his pro status, and he does a really good job of working on the boys with their swing," Ricks said.



CODY SIMMONS | NW MISSOURIAN  
Senior Chelsea Byland has her eyes set on a college athletic career in volleyball or basketball following an injury-plagued senior season.

# Byland still eyeing collegiate career

TYLER BROWN  
Chief Sports Reporter | @TyMan4\_

After injuries derailed one Maryville star's senior basketball season, she is aiming to overcome the adversity and make the leap to the next level.

Senior Chelsea Byland finds herself more determined than ever to be a college athlete after sitting out most of the basketball season due to a stress fracture.

"When I return, I feel like I will be better than I was before," Byland said. "Having to watch my teammates, I took a lot from that. It gave me a lot more determination."

Maryville girls' head basketball coach Grant Hageman believes Byland will have to get through her recovery from her injury with a "glass-half-full" mentality.

"It's an unfortunate situation, but you have to look at it like, what can you take from it," Hageman said. "I doubt she'll ever take playing the game for granted."

While Byland is determined to play at the next level, she said she's reluctant to pick between volleyball and basketball at this time, as schools are recruiting her for both sports.

"I got an email from a coach in Iowa (Southwestern Community College) wanting me to play volleyball," Byland said. "If I get that, then I'll play that. But (North Central Missouri College) also offered me to come work out for them this spring for basketball."

"I just need to play a college sport. Right now, it's just very up in the air. I don't know what route I'm going."

Byland, who still has not been cleared to run, believes volleyball may be the way to go. She said it might be easier on her legs. She

had knee surgery on a torn meniscus weeks before last volleyball season, but was able to make it back to play in every game.

"I'm leaning a little more towards volleyball just because of my shin," Byland said. "I hope it heals, but if it does not completely heal, I feel like volleyball puts less stress on my legs."

One scenario Byland would jump on, if the opportunity presents itself, is if a school offers her to play both sports. Southwest Community College has both sports; however, North Central Missouri College only has basketball.

"I missed my senior year," Byland said. "I don't know if I can give it up. I love both sports. If I got the opportunity to play both, I'd probably do it."

Hageman contacted head basketball coach Addae Houston at Southwest Community College, and Byland is hoping to meet him when she visits.

"The sky is the limit," Hageman said. "She's such a fantastic shooter and scorer. That will be her strength at the next level. But she's strong and can play defense, too. And she makes her teammates better. If you can do all those things, even at the next level, you can win on any given night."

Byland has played varsity in both basketball and volleyball since her sophomore year, setting school records all the while. But the senior said the two sports are more than just games to her, and she is determined to fulfill a lifelong goal.

"Playing a college sport has been my dream since probably fifth grade," Byland said. "I have always wanted to do it. My sister (Brooke Byland) plays golf at Northwest, so that makes me want to do it even more."

# Baseball counters field conditions with exhibition matchups approaching

CHRIS SCHOONOVER  
Sports Editor | @schoon54

The snow may have melted for the time being, but the wet conditions have forced the Maryville baseball team to find alternative ways to get ready for its first live action of the season.

The Spoofhounds open up exhibition play at the Cameron Jamboree Monday with games against Cameron and Plattsburgh.

"It'll be great to go outside and face somebody else and see what we can do," head coach

Matt Houchin said. "We're trying to make the most of it with different stations in the outfield and indoors, but all of that has to translate when we get on the field when it counts."

"We have a cage that we can do some hitting stuff with and do some hitting stuff from outside the cage into it."

With a majority of last year's starters gone due to graduation, the Jamboree will be used to find out where the 'Hounds are as a team with all the new contributors.

"I hope to be able to go out and play tough

and competitive," Houchin said. "We are going to try and rotate guys in and out and see if we can fill in some spots here and there."

"We want to be able to solidify our pitching rotation. It'll be good for the guys to get on the mound and go against live batting. Also, situationally, how do we handle infield situations with runners on base, and is our outfield making good, quality throws."

While the results of the preseason slated games may not be a preview of the regular season schedule, Houchin believes it can be used as

a tool to see what exactly they need to concentrate on when they finally can get a full practice on the field.

Although their first live action is less than a week away, the Spoofhounds will have to find a way to make due with what they can.

"When we go inside, it takes the actual baseball out of the equation because we're using whiffle balls," Houchin said. "It's a lot different hitting a whiffle ball than hitting an actual baseball coming at you."

# ATHLETES of the WEEK



## BEARCATS

## SPOOFHOUNDS



Austin Warren

Cassie Lowell

Dillon Starzl

Sarah Baldwin



Senior pitcher Austin Warren set the tone for Northwest's second game against Lincoln, tossing a complete game while allowing just one unearned run and five hits.

Senior Cassie Lowell led the Northwest golf team in an 11th-place team finish in the Central Oklahoma Kickingbird Classic by shooting a two-day score of 176.

Senior Bearcat forward Dillon Starzl earned a spot on the MIAA All-Tournament team by posting 34 total points and 14 total rebounds in the Bearcats' two games.

Sophomore pitcher Sarah Baldwin led the Northwest softball team to a 5-3 game-two win over Missouri Western, throwing a complete seven innings while giving up two earned runs.

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FILE PHOTO | NW MISSOURIAN  
Senior pitcher Austin Warren threw a complete game at Lincoln March 6 to lead Northwest to a 7-1 win in game two.

# Baseball climbs to peak of MIAA standings after sweeping Lincoln

**JONATHAN BAKER**  
Missourian Reporter | @NWMSports

When looking at the MIAA baseball standings this week, the team at the top of the list may very well surprise.

The Northwest baseball team rides into this weekend's three-game series with Southwest Baptist while perched at the top for first place in the conference - a situation that is new to a lot of the Bearcats' roster, but something they are excited to hold onto.

"I think we are going to embrace it," senior pitcher Austin Warren said. "I don't know if a lot of guys here have had that experience, being at the top of the conference, before. It's a good feeling, and we're always buying into the process of not only playing games, but preparing for practices."

All of the success Northwest has seen this year comes from just one day of prac-

tice outside due to weather. Head coach Darin Loe attributes all of the teams' progress to his players' ability to adapt to the challenges of staying inside.

"It's the attitude of our group," Loe said. "We just have a tremendous group of guys that have great team chemistry. We have leadership and a great group of seniors. Guys that just go out and expect to win every time they step on the field. When they get into an adverse situation, they don't panic."

Last weekend, Northwest swept Lincoln (0-10, 0-8) in a four-game series. During a 7-1 win in the second game, Warren set the tone for the rest of the series by pitching a complete game, allowing just five hits and an unearned run.

The Bearcats (11-5, 8-2) won game one 9-2 and finished the next day strong as well, winning 12-3 and 11-7.

Senior third baseman Eric McGlaufflin

was the spark plug for the Northwest offense, going 8-for-17 on the weekend with six RBIs while scoring five runs.

Freshman outfielder Austin Wulff popped the lone home run of the series for the Bearcats, tallying his third of the year to lead the team.

"I'm proud of the guys," Loe said. "These guys have just really plugged away and concentrated on the process. [They're] not worried about wins and losses and opponents."

That process has led Northwest to extend its win streak to seven games. The series with Southwest Baptist begins Friday at 2 p.m. in Maryville. It will be the Bearcats' first series at home this season after playing 16 games on the road.

"It's going to be exciting," Warren said. "I feel like we're just going to have the same preparations like any other weekend, but it's definitely going to be fun."

## Tennis grabs conference awards after fair weekend

**DAULTON PERRY**  
Missourian Reporter | @NWMSports

The Northwest tennis teams may not have blown the competition away, but they did earn individual honors after finishing 5-3 last week.

Sophomore Sergio De Vilchez and junior Alexis Bartek were named MIAA Tennis Athletes of the Week as De Vilchez led the Northwest men to a 3-1 record and Bartek helped the women to a 2-2 split.

De Vilchez went 3-0 in singles against Cameron, Nebraska-Kearney and Drury.

"He is our No. 1 player, and he beat two players this weekend that were top 50 ranked players," head coach Mark Rosewell said. "I think Sergio is ranked in the top 30 in the country right now, which is really good."

Bartek went 3-0 in singles with wins over Cameron, Nebraska-Kearney and Southeastern Oklahoma,



FILE PHOTO | NW MISSOURIAN  
Senior Lluís Altimíres strikes a return during practice earlier this season. He and partner Sergio De Vilchez won three matches in No. 1 doubles over the weekend.

dropping just one set in the process.

"Alexis is having a good year in singles and doubles, and I think she has only lost one match in singles, and she is 4-2 in double right now, and that's pretty well right now," Rosewell added.

De Vilchez teamed with senior Lluís Altimíres for No. 1 doubles and swept their matches following up on a successful campaign last season.

The women's team was slated to take on Missouri Western on Wednesday, but due to the weather, the games have been postponed to March 18 in Maryville.

The women will host Fort Hays at 2 p.m. Friday and then travel to St. Louis to take on Missouri-St. Louis at 11 a.m. Saturday and Lewis University at 11 a.m. Sunday.

The men's team, which now sits at 4-1 on the year, will also take on Missouri-St. Louis and Lewis University this weekend at 11 a.m. Saturday and Sunday in St. Louis.

"It is going to be tough matches, and every match we are playing, they're good," Rosewell said. "If we play well, we will be OK, but I think that Lewis's women's team is the strongest team."

## Golf knocks off rust in season-opening meet

**JOEY TUCKER**  
Chief Sports Reporter | @joetuckc311

A long winter layoff has Northwest women's golf adjusting to the greens as it heads to Mesa, Ariz. for its second spring tournament.

The Bearcats will participate in the Fort Hays Spring Thaw Invite at Dobson Ranch Golf Course for an out-of-region match. Senior Cassie Lowell says the 'Cats learned where they needed to improve from their initial tournament in Edmond, Okla.

"I think the time between now and the first round, we'll all be working on kind of what we realize we need to work on from the last tournament," Lowell said. "The tournament itself will be one where we're ready to get in there and play how we normally play and hopefully win."

Northwest competed at Kickingbird Golf Course March 10 and 11, hosted by Central Oklahoma. The Bearcats finished 11th out of 16 total teams and fifth out of 10 MIAA schools. The 'Cats finished with a total score of 686, one shot being Central Missouri.

Windy conditions and an ab-

sence of playing outdoors had an effect on the subpar performance, but head coach Pat McLaughlin saw encouraging signs from his squad.

"I was a bit disappointed with the results, but at the same time I saw some positive things, too, that we can carry over and move on for the rest of the spring," McLaughlin said. "Our long-range game looked good, and we were driving the ball really well. We just need to work on consistency and temper. When they would hit a bad shot, they would get frustrated and follow that up with another bad shot."

### STORY



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